



ELIJAH

A PERSON LIKE US



Part 6 - I Kings 19:1-18 The Dark Days of Depression



Elijah's Symptoms: vs 3-4

- Anxiety



Elijah's Symptoms: vs 3-4

- Irrational thinking



Elijah's Symptoms: vs 3-4

- Impulsive behavior



Elijah's Symptoms: vs 3-4

- Withdrawn



Elijah's Symptoms: vs 3-4

- Dark thoughts



Elijah's contributing factors: v3-4,10,14

- He wore himself out.



Elijah's contributing factors: v3-4,10,14

- He was distracted by his circumstances.



Elijah's contributing factors: v3-4,10,14

- He shut people out.



Elijah's contributing factors: v3-4,10,14

- He focused on the negative.



What God did for Elijah: v5-10,13-14

- God cared for Elijah physically.



What God did for Elijah: v5-10,13-14

- God cared for Elijah psychologically.



What God did for Elijah: v5-10,13-14

- God cared for Elijah spiritually.



What Elijah had to do for himself: v 10-18

- Elijah had to trust God.



What Elijah had to do for himself: v 10-18

- Elijah had to trust that God had a bigger plan.



What Elijah had to do for himself: v 10-18

- Elijah had to embrace God's mercy and grace.



What Elijah had to do for himself: v 10-18

- Elijah had to confront the lies in his head.



What Elijah had to do for himself: v 10-18

- Elijah had to get back to his God-given assignment.